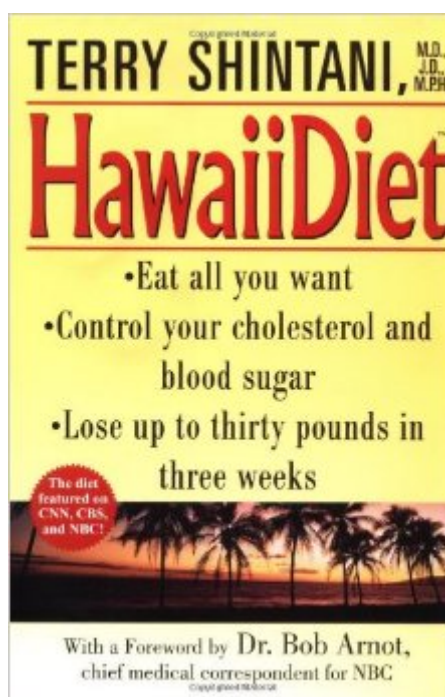


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# Hawaii Diet



## Synopsis

Finally, an all-you-can-eat weight loss program that really works. (Lose up to 30 pounds in three weeks with no calorie counting!) "HawaiiDiet(TM) " The phenomenal new weight loss program that has swept the Hawaiian Islands is now available to you! Created by a medical doctor and used by the state's governor and other community leaders, this unique program combines the ancient wisdom and health secrets of the Islands with the latest nutritional breakthroughs. The result is an all-you-can-eat program that produces steady, lasting weight loss and dramatic health benefits. Here are just some of the elements that make the HawaiiDiet incredibly effective: No calorie counting or portion restriction Foods that actually promote weight loss Up to a 30-pound reduction in 21 days Lowered cholesterol and triglycerides Lowered blood pressure A boosted energy level (you'll want to take on the world!) A fresh perspective that will help you stay healthy for a lifetime Dozens of exceptionally delicious recipes that will make mealtime an unprecedented delight Dr. Shintani's step-by-step process shows you how to use the power of your mind and spirit to achieve your weight loss and health goals. He also introduces you to the revolutionary Shintani Mass Index, a remarkably easy way to evaluate the weight loss effect of foods and to choose those that help you burn fat. Plus, you'll get the complete Three-Week Menu Plan, which includes 21 days of daily menus and loads of recipes that make this diet a gourmet pleasure. Don't miss "Hula Grill's Ginger Pineapple Chicken," magnificent in a stir-fry sauce....spicy, full-flavored "BarbecuedBaked Beans..."or hearty, filling "Chunky Two-Bean Chili," a favorite that's even better the next day. Seize this chance to return to the source of good health with a program that works with nature and time-tested knowledge to bring your body and soul into balance. The HawaiiDiet(TM) is a groundbreaking way of eating that will help you align your physical and spiritual health for a renewed, re-energized life.

## Book Information

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## Customer Reviews

About 2 months ago, I encouraged my dad to try the Hawaii Diet. He is overweight, diabetic, and often suffers from swollen feet/ankles because of his high-salt intake. I cooked the meals for him and within the first week of the diet, he was able to reduce his insulin and the swelling in his feet went down. Before he started the diet, he was taking 50 units of insulin a day. Now he uses only 15 units/day. And soon he will no longer have a need for it because his blood sugar levels are becoming normal. He has also lost over 20 lbs. He probably could have lost even more, but its hard to make a drastic change of diet, so he sometimes goes off of the diet a little. My dad and I both love the taste of the foods in the cookbook. The hardest part is getting used to eating meals without meat. If you live in Hawaii, where all the ingredients are easily accesible, you should give it a try! You will definetly see results quickly.

I have been on the Hawaii Diet for about a month, and bought the book because I am a vegetarian and had a difficult time finding any vegetarian diets. I have only lost about 8 pounds, but considering I have had a major party or wedding every weekend for the past month, that's not bad. (Besides, I'm a terrible cheat!)The big change is in my energy level. For the past few years, I've always felt weary to the bone. I've wondered if there were something seriously wrong with me - it took a major effort to accomplish even routine tasks. I wasn't sleepy, or fatigued from work - the tired feeling was much too deep to be caused by external factors. Medical exams found nothing wrong, except mildly high cholesterol.After about three weeks on the diet, I realized that I have energy again! I greet tasks with joy, because my body is ready to perform them.I will probably always be a terrible dietary cheat (cheese omelets on occasion or a big bowl of ice cream), but I think I will eat this way for the rest of my life. I can't image going back to feeling the way I used to feel.Thank you, Dr. Shintani! Your diet has truly changed my life.

I bought this book for my father because he needed a diet he could follow. In his own words, "I eat like a pig" and he is STILL losing weight. Since he started following the Shintani plan two months ago, he has lost a whopping 40 pounds and is healthier than he has ever been in his life. I myself

have eaten the foods prescribed (and recipied) in the book and found them to be tasty and satisfying. The foods are based on food we eat all the time here in Hawaii, so being on this diet is not like giving up the kinds of food we love to eat. May not be suitable for everyone's palate (but what diet really is?), but I have found it a wonderful way to get healthy.

I've experimented with Dr. Ornish's plan, Dr. Atkins' plan, and with vegetarianism; I am NOT running Ornish down, but I gotta admit I DO like tuna fish now and again (by the way, the tuna fish I buy is not only dirt-cheap but is actually totally devoid of fat; and even regular canned-in-water tuna is incredibly low in fat). So Ornish's plan is not something I could strictly adhere to. Dr. Atkins' Diet led me gain body fat and weight; I dropped that like a hot brick. Vegetarianism is cool but it got to be a hassle with my family. Then....I chanced upon THIS book (and in fact got this book from my brother for Christmas). Dr. Shintani is sort of like Dr. Deepak Chopra: He combines the best of Western medicine with the best of the ancient medicine of his own culture (in Chopra's case, that's Ayurvedic medicine; in Shintani's, of course, it's the wisdom and medicines of ancient Hawaii, before we Westerners screwed things up for them). And he explains -- without bashing, or badmouthing, or distorting facts to make them fit what he wants -- how in fact his diet plan can work. Simply put, we all know that if you don't eat too many calories you either will not gain weight or in fact you'll LOSE weight. Ah, but how do you do that without feeling deprived? Basically by eating whole, unprocessed, natural foods which not only are low in fat and high in nutrients, but are high in satiety value (you'd have to eat a whole heck of a lot of them to get anywhere NEAR 2000 calories, plus a serving of them would fill you up so you feel satisfied and won't feel like eating more anyway). He suggests things like poi, taro, whole grains, non-dairy and non-meat sources of protein and calcium, and very low-fat foods. BUT he allows for various exceptions: For instance, you can use egg whites or skim milk if you like, or eat tuna and other low-fat meats and fish. He includes a Hawaii/Pacific diet, a Hawaii/mainstream American diet, and a Hawaii/Mediterranean diet so that you DO have choices and variations. I would have given this book 5 stars, but for one little thing: Some of the recipes call for things that quite frankly we don't see too much of here on the East Coast (my produce store, what with its wonderful choices of apples, pears, cabbage, tomatoes, etc., just refuses to stock breadfruit! phooey!). So, you might not find the recipe section extremely useful, although many of the recipes, such as his low-fat oatmeal, are easy to make and really good too. Other than for that one little qualm I've got, it's a great book. At the very least, check it out: You'll learn a lot from this guy.

I have read the previous reviews and I feel that they have missed the point entirely. While it may appear on the surface to be a "fad" diet, it truly can and is a way of life here on the Islands. For those who have not visited Hawaii, you probably cannot appreciate the aloha spirit of life that this book endorses. This diet embraces what Hawaiians feel in the heart and offers a path to potential weight loss. I'd say try it before you knock it.

I totally disagree with the [.com] reviewer's assessment of this book. This book has literally saved my husband's life. He is a diabetic and the vicious cycle of insulin causing increased hunger and weight gain, causing a need for more insulin, was killing him. His doctor's answer to treating his out-of-control diabetes was to increase his insulin dosage to a point where he was up to 270 units a day. He followed Dr. Shintani's diet and through the good fortune of living in Hawaii, has been able to consult with Dr. Shintani in person. He has lost 85 pounds in 8 months and stopped the insulin shots after only 5 months. Dr. Shintani is truly our guardian angel. We recommend his program to everyone suffering from chronic conditions such as diabetes, high blood pressure, and high cholesterol. The program is totally backed by science and my husband is living proof that it works.

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